

Organizator: Ośrodek Sportu i Rekreacji w Sławnie
Data: 2016-05-14
Miejsce: Sławno
Dystans: 10 km



Klasyfikacja: K-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	3.38km	6.69km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	PŁASHUK Katsiaryna	394		K-18	1	00:00:10	00:12:13	00:24:05	00:36:29.05	00:36:29.05		3:38	16.4 (100%)
2	OLIJNYK Switlana	391	ICE MAT TEAM	K-30	1	00:00:11	00:12:15	00:24:39	00:37:11.60	00:37:11.60	+00:00:42 (1.9%)	3:43	16.1 (98.2%)
3	KYTYTSJA Olena	392		K-18	2	00:00:11	00:12:34	00:25:09	00:37:48.10	00:37:48.10	+00:01:19 (3.5%)	3:46	15.9 (97.0%)
4	POBŁOCKA Katarzyna	248	UKS"EKONOMIK-MARATOŃCZYK"ŁĘBORK	K-18	3	00:00:12	00:12:42	00:25:34	00:38:46.85	00:38:46.85	+00:02:17 (5.9%)	3:52	15.5 (94.5%)
5	PAZDA-POZORSKA Gosiunia	236	NIGHT RUNNERS SŁUPSK	K-30	2	00:00:12	00:12:42	00:25:45	00:39:01.15	00:39:01.15	+00:02:32 (6.5%)	3:54	15.4 (93.9%)
6	ŁAGUTKO Kamila	184		K-30	3	00:00:15	00:12:59	00:26:13	00:39:40.60	00:39:40.60	+00:03:11 (8.0%)	3:58	15.1 (92.1%)
7	STAWARZ Monika	296		K-18	4	00:00:14	00:13:28	00:27:10	00:40:45.20	00:40:45.20	+00:04:16 (10.5%)	4:04	14.7 (89.6%)
8	KASPROWICZ Małgorzata	128	STOPA SŁUPSK	K-30	4	00:00:18	00:14:52	00:29:46	00:44:29.10	00:44:29.10	+00:08:00 (18.0%)	4:26	13.5 (82.3%)
9	TARNIOŃEK Katarzyna	323	ŻYJ Z ENERGIA	K-30	5	00:00:22	00:15:37	00:30:36	00:45:18.70	00:45:18.70	+00:08:49 (19.5%)	4:31	13.2 (80.5%)
10	POBŁOCKA Bożena	246	UKS"EKONOMIK-MARATOŃCZYK"ŁĘBORK	K-40	1	00:00:14	00:15:11	00:30:25	00:45:32.90	00:45:32.90	+00:09:03 (19.9%)	4:33	13.2 (80.5%)
11	CHORAŻY Karolina	39	FADOMODA TEAM	K-18	5	00:00:21	00:15:07	00:30:30	00:45:33.00	00:45:33.00	+00:09:03 (19.9%)	4:33	13.2 (80.5%)
12	CAŁKA Magdalena	37	NIGHT RUNNERS SŁUPSK	K-18	6	00:00:17	00:15:02	00:30:34	00:46:05.45	00:46:05.45	+00:09:36 (20.8%)	4:36	13 (79.3%)
13	SKOCZYŃSKA Renata	284		K-30	6	00:00:19	00:15:01	00:30:36	00:46:15.30	00:46:15.30	+00:09:46 (21.1%)	4:37	13 (79.3%)
14	RATAJCZYK Monika	257		K-30	7	00:00:25	00:15:36	00:30:59	00:46:36.35	00:46:36.35	+00:10:07 (21.7%)	4:39	12.9 (78.7%)

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15	KULCZYK Katarzyna	166	KB BRYZA POSTOMINO	K-30	8	00:00:18	00:15:30	00:31:14	00:46:42.45	00:46:42.45	+00:10:13 (21.9%)	4:40	12.8 (78.0%)
16	HOLAK Kamila	94	BBL SŁUPSK	K-30	9	00:00:18	00:15:59	00:31:48	00:47:17.00	00:47:17.00	+00:10:47 (22.8%)	4:43	12.7 (77.4%)
17	SZABLA Ewelina	307	MTS HAMER MIASTKO	K-30	10	00:00:20	00:15:19	00:31:13	00:47:27.15	00:47:27.15	+00:10:58 (23.1%)	4:44	12.6 (76.8%)
18	WALIŃSKA Agnieszka	336	BBL	K-40	2	00:00:23	00:15:54	00:31:52	00:47:48.80	00:47:48.80	+00:11:19 (23.7%)	4:46	12.6 (76.8%)
19	LASKA Agnieszka	176	MKS ŚWIĘC SŁAWNO	K-40	3	00:00:14	00:15:36	00:31:50	00:47:53.65	00:47:53.65	+00:11:24 (23.8%)	4:47	12.5 (76.2%)
20	HRYHOROWICZ Joanna	99	NIGHT RUNNERS SŁUPSK	K-30	11	00:00:28	00:16:02	00:32:11	00:48:17.35	00:48:17.35	+00:11:48 (24.4%)	4:49	12.4 (75.6%)
21	ROMAN Sylwia	261	MKS ŚWIĘC SŁAWNO	K-30	12	00:00:17	00:15:51	00:32:12	00:48:20.35	00:48:20.35	+00:11:51 (24.5%)	4:50	12.4 (75.6%)
22	MŁODZIEJEWSKA Iwona	208	KB WYGAN	K-40	4	00:00:32	00:16:46	00:33:07	00:48:54.85	00:48:54.85	+00:12:25 (25.4%)	4:53	12.3 (75.0%)
23	KOSICKA Iwona	144	STOPA SŁUPSK	K-30	13	00:00:30	00:16:43	00:33:16	00:49:09.40	00:49:09.40	+00:12:40 (25.8%)	4:54	12.2 (74.4%)
24	BOGUSZ Marietta	21	NIGHT RUNNERS SŁUPSK	K-18	7	00:00:17	00:15:50	00:32:25	00:49:24.90	00:49:24.90	+00:12:55 (26.2%)	4:56	12.1 (73.8%)
25	KURCZYK Elżbieta	169		K-40	5	00:00:14	00:16:44	00:33:40	00:50:13.95	00:50:13.95	+00:13:44 (27.4%)	5:01	11.9 (72.6%)
26	GAWIN Paulina	75	NIGHT RUNNERS SŁUPSK	K-18	8	00:00:16	00:16:49	00:33:36	00:50:25.65	00:50:25.65	+00:13:56 (27.7%)	5:02	11.9 (72.6%)
27	JĘDRUSZCZAK Izabela	115		K-30	14	00:00:22	00:16:51	00:33:43	00:50:41.55	00:50:41.55	+00:14:12 (28.0%)	5:04	11.8 (72.0%)
28	SUCHTA Monika	306		K-30	15	00:00:23	00:16:55	00:34:21	00:51:33.45	00:51:33.45	+00:15:04 (29.2%)	5:09	11.6 (70.7%)
29	LEMAŃCZYK Alina	178	DORIAN TEAM	K-30	16	00:00:27	00:16:37	00:33:55	00:51:38.60	00:51:38.60	+00:15:09 (29.4%)	5:09	11.6 (70.7%)
30	JEŻAK Agata	114		K-30	17	00:00:21	00:16:36	00:33:45	00:51:51.10	00:51:51.10	+00:15:22 (29.6%)	5:11	11.6 (70.7%)
31	KONKEL Joanna	139	MKS 'ŚWIĘC' SŁAWNO	K-50	1	00:00:24	00:17:20	00:34:40	00:51:53.35	00:51:53.35	+00:15:24 (29.7%)	5:11	11.6 (70.7%)
32	DĄBROWSKA Alicja	54	TKKF KOSZALIN	K-50	2	00:00:18	00:17:21	00:35:21	00:52:46.40	00:52:46.40	+00:16:17 (30.9%)	5:16	11.4 (69.5%)
33	SAWICKA Małgorzata	277	BRAK	K-30	18	00:00:27	00:17:14	00:35:07	00:53:22.80	00:53:22.80	+00:16:53 (31.7%)	5:20	11.2 (68.3%)
34	KAWECKA Katarzyna	129		K-30	19	00:00:27	00:17:53	00:35:40	00:53:37.15	00:53:37.15	+00:17:08 (32.0%)	5:21	11.2 (68.3%)
35	ANTOSIK Grażyna	3	KS OLSZEWSKI I SYNOWIE SŁAWSKO	K-30	20	00:00:34	00:17:05	00:34:15	00:53:50.95	00:53:50.95	+00:17:21 (32.2%)	5:23	11.1 (67.7%)
36	STOJEWSKA Katarzyna	302	B/K	K-18	9	00:00:25	00:17:13	00:35:13	00:53:51.20	00:53:51.20	+00:17:22 (32.3%)	5:23	11.1 (67.7%)
37	SZCZYGIELSKA Edyta	388	KS OLSZEWSKI I SYNOWIE	K-30	21	00:00:34	00:17:05	00:34:15	00:53:51.65	00:53:51.65	+00:17:22 (32.3%)	5:23	11.1 (67.7%)

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						0.07km	3.38km	6.69km	10km	10km			
38	ROMAN Paula	262	UKS BADMINTON SŁAWNO	K-18	10	00:00:17	00:16:44	00:35:00	00:54:01.40	00:54:01.40	+00:17:32 (32.5%)	5:24	11.1 (67.7%)
39	RADKO Sylwia	386		K-30	22	00:00:18	00:18:12	00:36:18	00:54:02.60	00:54:02.60	+00:17:33 (32.5%)	5:24	11.1 (67.7%)
40	ZYCH Dorota	393		K-40	6	00:00:18	00:18:12	00:36:18	00:54:14.95	00:54:14.95	+00:17:45 (32.7%)	5:25	11.1 (67.7%)
41	WILKOWSKA Mariola	348	SSI AKTYWNI DAMNICA	K-40	7	00:00:32	00:18:14	00:36:22	00:54:37.40	00:54:37.40	+00:18:08 (33.2%)	5:27	11 (67.1%)
42	MACHŁAJ Sonia	188		K-18	11	00:00:31	00:19:04	00:37:00	00:54:44.80	00:54:44.80	+00:18:15 (33.4%)	5:28	11 (67.1%)
43	PACAN Mirosława	232	ŚWIAT PŁYTEK U KRYPINA	K-18	12	00:00:21	00:18:00	00:36:28	00:54:53.30	00:54:53.30	+00:18:24 (33.5%)	5:29	10.9 (66.5%)
44	NOWAK Agnieszka	226		K-30	23	00:00:52	00:18:10	00:36:08	00:55:00.50	00:55:00.50	+00:18:31 (33.7%)	5:30	10.9 (66.5%)
45	DYRCZ Marika	62	MKS ŚWIĘC SŁAWNO	K-30	24	00:00:33	00:18:48	00:37:04	00:55:01.85	00:55:01.85	+00:18:32 (33.7%)	5:30	10.9 (66.5%)
46	ZARZYCKA Izabela	367		K-30	25	00:00:29	00:18:01	00:36:45	00:55:45.95	00:55:45.95	+00:19:16 (34.6%)	5:34	10.8 (65.9%)
47	MAZUREK Barbara	197	BABECZKI KOSZALIN	K-30	26	00:00:29	00:18:23	00:37:03	00:55:54.15	00:55:54.15	+00:19:25 (34.7%)	5:35	10.7 (65.2%)
48	GAWIECKA Mariola	73	ROZBIEGANY KOSZALIN	K-40	8	00:00:21	00:18:34	00:37:27	00:56:09.75	00:56:09.75	+00:19:40 (35.0%)	5:36	10.7 (65.2%)
49	VON BARDELEBEN Agnieszka	333	BABECZKI KOSZALIN	K-40	9	00:00:29	00:18:23	00:37:43	00:56:37.05	00:56:37.05	+00:20:08 (35.6%)	5:39	10.6 (64.6%)
50	MARCZAK Małgorzata	192		K-50	3	00:00:23	00:18:08	00:37:23	00:57:11.20	00:57:11.20	+00:20:42 (36.2%)	5:43	10.5 (64.0%)
51	RYBA Anna	274		K-40	10	00:00:24	00:18:46	00:38:02	00:57:44.75	00:57:44.75	+00:21:15 (36.8%)	5:46	10.4 (63.4%)
52	BRESZKA Monika	27	DRUŻYNA KSIĘŻNEJ ZOFII	K-30	27	00:00:35	00:20:08	00:39:39	00:58:16.45	00:58:16.45	+00:21:47 (37.4%)	5:49	10.3 (62.8%)
53	DALLMER Basia	52		K-30	28	00:00:25	00:18:45	00:39:28	00:59:25.75	00:59:25.75	+00:22:56 (38.6%)	5:56	10.1 (61.6%)
54	WOJCIECHOWSKA Izabela	357	ŻYJ Z ENERGIA	K-30	29	00:00:25	00:18:46	00:39:41	01:00:00.75	01:00:00.75	+00:23:31 (39.2%)	6:00	10 (61.0%)
55	KRAWCZUK-KIEŁB Anna	155	ŻYJ Z ENERGIA	K-40	11	00:00:25	00:20:00	00:40:44	01:01:14.40	01:01:14.40	+00:24:45 (40.4%)	6:07	9.8 (59.8%)
56	RUBACHA Agata	378		K-18	13	00:00:19	00:19:26	00:40:09	01:01:23.30	01:01:23.30	+00:24:54 (40.6%)	6:08	9.8 (59.8%)
57	BUDZYŃSKA Elżbieta	32	BBL SŁUPSK	K-50	4	00:00:29	00:20:35	00:41:33	01:02:49.70	01:02:49.70	+00:26:20 (41.9%)	6:16	9.6 (58.5%)
58	DĄBROWSKA Katarzyna	53	TKKF KOSZALIN	K-18	14	00:00:21	00:19:40	00:41:09	01:03:07.05	01:03:07.05	+00:26:38 (42.2%)	6:18	9.5 (57.9%)
59	BRZEZIŃSKA Aleksandra	379		K-18	15	00:00:32	00:18:15	00:40:21	01:04:57.40	01:04:57.40	+00:28:28 (43.8%)	6:29	9.2 (56.1%)
60	MEGGER Agata	198	ŻYJ Z ENERGIA	K-40	12	00:00:36	00:22:19	00:44:33	01:06:38.15	01:06:38.15	+00:30:09 (45.2%)	6:39	9 (54.9%)

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61	JAKUBOWSKA Anna	103		K-18	16	00:00:29	00:20:36	00:43:55	01:06:44.75	01:06:44.75	+00:30:15 (45.3%)	6:40	9 (54.9%)
62	MATKOWSKA Monika	195		K-30	30	00:00:21	00:19:48	00:43:53	01:08:29.10	01:08:29.10	+00:32:00 (46.7%)	6:50	8.8 (53.7%)
63	OSTROWSKA Sylwia	231		K-30	31	00:00:36	00:21:31	00:44:20	01:08:45.30	01:08:45.30	+00:32:16 (46.9%)	6:52	8.7 (53.0%)
64	WRÓBEL Alicja	363		K-18	17	00:00:36	00:21:31	00:44:20	01:08:45.35	01:08:45.35	+00:32:16 (46.9%)	6:52	8.7 (53.0%)
65	BIELEND Malwina	14		K-18	18	00:00:36	00:21:31	00:44:21	01:08:45.60	01:08:45.60	+00:32:16 (46.9%)	6:52	8.7 (53.0%)
66	KILAR Zofia	133		M-70+	5	00:00:31	00:26:39	00:53:33	01:21:22.45	01:21:22.45	+00:44:53 (55.2%)	8:08	7.4 (45.1%)
67	MACHELSKA Sylwia	187	PGB SPORTOWA PACZKA	K-30	32	00:00:13	00:15:20				+00:03:06	4:32	13.2 (80.5%)
68	WOŹNIAK Honorata	361	WWW.LIMO300C.COM	K-40	13	00:00:15					+00:00:04	3:34	16.8 (102.4%)

Znaleziono 68 wynik(ów)